



Hammer Throw

Olympic Stadium



*now Tatyana Beloborodova



Safety cage:
Can withstand powerful impacts and prevent ricochet

Length
119.5cm (♂)
121.5cm (♀)

London Olympics women's hammer throw gold medallist
Tatyana Lysenko*
(RUS)

Doors:
Adjustable for left and right-handed throwers

Weight
4.00kg (♂)
7.26kg (♀)

Optimum throwing angle
45°

Technique

Hammer swings twice around head to build momentum

Three or four rotations around load-bearing foot to increase speed

Release



Olympic records	♂	Sergey Litvinov (URS)	Seoul, 1988	84.80m
	♀	Tatyana Lysenko (RUS)	London, 2012	78.18m
World records	♂	Yuriy Sedykh (URS)	Stuttgart, 1986	86.74m
	♀	Anita Wlodarczyk (POL)	Cetniewo, 2015	81.08m